

# **POWER Up!** **with** **BREAKFAST**

**!!** Fill pita bread with your favorite low-fat cheese, lean meat and vegetables. Heat in microwave.

**!!** Mix low-fat milk or low-fat yogurt with berries for a cool shake.

**!!** Mix leftover rice, low-fat yogurt, dried fruit, nuts and cinnamon.



**Power Panther says:**  
**Eat Smart. Play Hard.™**

# **POWER BREAKFAST Ideas!**

**!!** Use quick-cooking oats and add dried or fresh fruit, nuts and brown sugar, or add cheese or soft margarine to grits instead of butter.

**!!** Try something different like a burrito or other leftovers such as a stuffed baked potato, or pizza.

**!!** Want MORE ideas?  
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**Eat Smart. Play Hard.™**